

Carrying the shopping makes over-65s stronger

1st October, 2017



There is new advice for older people to keep their strength up and live longer – carry your own shopping. The Chartered Society of Physiotherapy (CSP) in the UK says it is imperative for the over-65s to keep active to maintain their strength as they age. It warns that millions of people

risk falling over or injuring themselves because they are failing to maintain their strength. Falls among the elderly cause the vast majority of hip injuries. The CSP says nearly a quarter of over-65s don't do any exercises to keep their muscles strong. A CSP spokesperson said: "For those 65 and over, they can also include activities that involve stepping and jumping, like dancing, or chair aerobics."

One recommendation the CSP made to the over-65s is to carry shopping home from the supermarket. It warns against Internet shopping, noting that while it is convenient, the rise of Internet shopping means fewer people are getting their "shopping workout". Professor Karen Middleton, chief executive of CSP, said: "Research shows getting stronger brings a whole host of health benefits so it is incredibly important that people don't overlook strengthening when being active." She also suggested gardening, vacuuming and standing up out of a chair 10 times. Professor Middleton added: "We must move past the idea that becoming weaker and frailer is inevitable as we get older."

Sources: bbc.com / dailymail.co.uk / csp.org.uk

Writing

What are the best three ways for old people to keep fit and strong. Why?

Chat

Talk about these words from the article.

advice / strength / risk / age / majority / exercises / injuries / quarter / dancing / recommendation / supermarket / convenient / benefits / active / gardening / older

True / False

- The article says the advice given to over-65s is not new. T / F
- The article says a billion old people are at risk from not shopping. T / F
- Most hip injuries are because people fall over. T / F
- A physiotherapist said aerobics is bad for old people. T / F
- A physiotherapy group warned old people about the Internet. T / F
- The group said fewer older people get a "shopping workout". T / F
- A professor advised older people not to vacuum. T / F
- The professor advised older people to stand up from a chair 10 times. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|--------------------------|-------------------|
| 1. advice | a. huge |
| 2. maintain | b. ignore |
| 3. vast | c. representative |
| 4. spokesperson | d. incorporate |
| 5. include | e. mentioning |
| 6. recommendation | f. guidance |
| 7. noting | g. unavoidable |
| 8. host | h. suggestion |
| 9. overlook | i. keep up |
| 10. inevitable | j. lot |

Discussion – Student A

- What do you think about what you read?
- What good does carrying shopping do for you?
- How bad is shopping for you?
- Do you like to get a 'shopping workout'?
- What do you think of Internet shopping?
- What do you think of gardening and vacuuming?
- How will technology make old people stronger?
- What questions would you like to ask the researchers?

Phrase Match

- | | |
|------------------------------------|------------------------------|
| 1. advice for older people to keep | a. falling over |
| 2. it is imperative | b. that involve stepping |
| 3. millions of people risk | c. of a chair 10 times |
| 4. the vast majority | d. for the over-65s |
| 5. include activities | e. against Internet shopping |
| 6. It warns | f. health benefits |
| 7. fewer people are getting their | g. their strength up |
| 8. brings a whole host of | h. is inevitable |
| 9. standing up out | i. of hip injuries |
| 10. becoming weaker and frailer | j. "shopping workout" |

Discussion – Student B

- What is your advice for over-65s to live longer?
- How good is shopping for you?
- What health problems do the over-65s have?
- Why do the over 65s not maintain their strength?
- How do you keep your muscles strong?
- Who is the healthiest over-65-year-old you know?
- How strong do you think you'll be when you're 65?
- What other everyday activities can keep old people strong?

Spelling

- it is retpvaemii for the over-65s
- imntiaan their strength
- the vast iyojtram
- hip iinsrjeu
- activities that loinvev stepping
- like dancing, or chair breacois
- One endormcmoteani the CSP made
- while it is eonintcven
- chief ieveextcu
- gardening, ugavicmun and standing up
- becoming weaker and airrlef
- neetvbiai as we get older

Answers – Synonym Match

1. f	2. i	3. h	4. c	5. d
6. h	7. e	8. j	9. b	10. g

Role Play

Role A – Shopping

You think shopping is the best activity for old people. Tell the others three reasons why. Tell them what is wrong with their activities. Also, tell the others which is the worst of these (and why): dancing, gardening or watching TV.

Role B – Dancing

You think dancing is the best activity for old people. Tell the others three reasons why. Tell them what is wrong with their activities. Also, tell the others which is the worst of these (and why): shopping, gardening or watching TV.

Role C – Gardening

You think gardening is the best activity for old people. Tell the others three reasons why. Tell them what is wrong with their activities. Also, tell the others which is the worst of these (and why): dancing, shopping or watching TV.

Role D – Watching TV

You think watching TV is the best activity for old people. Tell the others three reasons why. Tell them what is wrong with their activities. Also, tell the others which is the worst of these (and why): dancing, gardening or shopping.

Speaking – Activities

Rank these with your partner. Put the best activities for old people at the top. Change partners often and share your rankings.

- | | |
|---------------|------------|
| • gardening | • dancing |
| • watching TV | • aerobics |
| • reading | • shopping |
| • swimming | • hiking |

Answers – True False

a	F	b	F	c	T	d	F	e	T	f	T	g	F	h	T
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Answers to Phrase Match and Spelling are in the text.